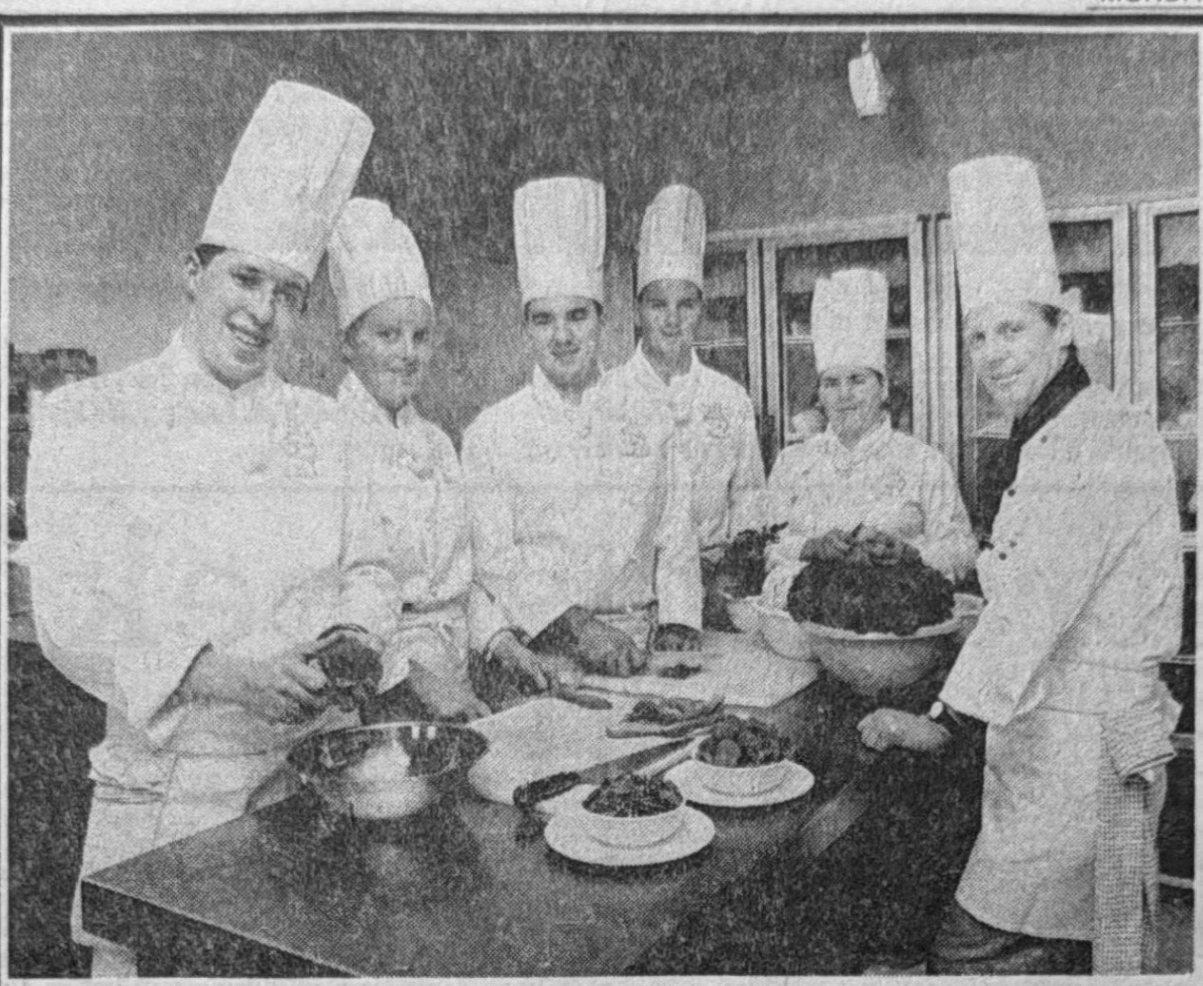


THE Australian national apprentice team is, **from left,** *Nicholas Wyman, 20, Joanne Wood, 21, John Casey, 21, Mark Davey, 19, Jodie-Anne Hooker, 20, and the manager, Mr Manfred Hennig.*

Apprentice chefs practise skills

RABBIT and apricot was on the menu last night at the World Expo 88 Australia pavilion when the national apprentice cooking team practised their skills for guests.

The five-member Australian apprentice culinary team from Victoria will travel to Frankfurt, West Germany, in October to contest the World Culinary Olympics.

The team, favorites for the world title, were in Brisbane yesterday to prepare a rabbit dish for Australian pavilion guests.

The Culinary Olympics have been staged in Germany since 1894 and at the last Olympics the Victorian team won the world championship.

This team comprises different members to the world championship-winning team.

The team's manager, Mr Manfred Hennig, was on hand yesterday to iron out any last-minute problems while the team rehearsed their preparation methods.

He said the team had created the special rabbit dish they would cook at the Olympics by trying different methods and ingredients.

The dish, Australian Rabbit Fillet Desert Bloom, is marinated rabbit fillets filled with dried apricot and pecan nut farce, surrounded by a coating of fresh herbs and vegetables.

Team member Joanne Wood said the team would learn cooking skills by watching other teams compete.

"You learn so much from it and we are all looking forward to seeing the work of the other teams," she said.

In Frankfurt the young Australians will compete against about 15 other countries.

The team members all work in the hospitality field and were chosen from a field of 16 other Victorian chefs.

Diamonds dazzle the locals

QUEENSLANDERS have been spending thousands of dollars buying diamonds from the West Australia pavilion at Expo.

More than 70 percent of the pavilion's diamond sales have been to Queensland residents.

The Argyle Diamond Sales Ltd manager, Miss Jane Lishman, said the number of Queensland buyers had surprised her.

The West Australia pavilion has about $6 million worth of diamonds on display. All are for sale.

Miss Lishman said: "We have been very surprised with the local Australian public. We assumed the greater interest would come from foreigners.

"The majority of buyers have been from Brisbane, followed by the southern States with only a sprinkling of overseas interest."

Miss Lishman said the Japanese interest had been small.

"We thought they would have been big buyers because diamonds are very expensive in Japan," she said.

About 20 pink diamonds have been sold, including a $400,000 sale to an undisclosed buyer. About 200 champagne diamonds have also been sold at prices ranging from $80 to several thousand dollars.

Trail blazers fly Expo flag — on Mount Everest

THE official World Expo 88 flag which promotion-toured the world even made its way to Mount Everest.

The Australian Bicentennial Everest Expedition members, who climbed the world's tallest peak this year, put up a pole to fly the flag on Mount Everest.

An expedition member, Mr Charles Hart, yesterday presented the Expo Authority with a photograph of the flag flying high on the mountain.

Mr Hart, who has just returned, was an assistant base camp manager for the 25-member group which tackled the peak as part of a Bicentennial expedition.

Only three climbers reached the top. Another seven people manned the base camp during the climb.

The first climber reached the peak on May 25 after having begun the expedition in February.

Mr Hart's path-planning company was involved in planning for the expedition, so he decided to tag along.

"My company was also involved in construction of the Expo site, so I decided to take an Expo flag to fly on the mountain," he said.

"But I am not a mountain climber. I usually stayed at the base camp to look after operations there."

The expedition also took a Bicentennial flag to display proudly at the top.

Australian Hospitality Section

edited by SHIRLEY LA PLANCHE

Manfred Henning (trainer) and Elaine Chambers (from the Australian Dried Fruits Association), circled by the apprentice cooks' team for the Culinary Olympics : (from left) Jodie-Anne Hooker; Mark Davey; Nicholas Wyman; John Casey; Joanne Wood

Cutting the mustard in Frankfurt

WHILE world attention focuses on the athletes at Seoul this month, another team of young Australians will be quietly slogging away in their kitchens in preparation for the competition of their lives — a competition that could earn another gold medal for Australia.

Within a week of the Seoul athletes returning to Australia, the five young apprentice cooks chosen to defend the gold medal won by Australia four years ago will be winging their way to Frankfurt.

They will be heading for the Culinary Olympics, an event older than the modern Olympics Games.

The Culinary Olympics attracts more than 20,000 chefs, apprentice cooks and team managers from more than 28 countries.

It is held every four years in the Frankfurt Messegelande.

Australia sent its first apprentice team in 1984. The Australian regional and armed forces teams have had many successes there.

This year the team comprises five cooks with an average age of 20. All come from Victoria. Each team is chosen from the same State, since team members need to meet at least three times a week to practise their dishes.

Fortunately, with the apprentices winning gold last time, there has been increased interest in sponsorship.

After the gold rush, the festivities begin

STAFF at the Regent of Melbourne were celebrating last Saturday after learning that two of its chefs had won gold medals at the Culinary Olympics in Frankfurt, Germany and that the Victorian regional team was bringing home Australia's first Gold with Distinction.

The Regent's golds were won by sous chef Bruce Charlton for his entry in the individual restaurant dish and by 20-year-old Nicholas Wyman. Nicholas was a member of the apprentice team, which competed against 35 countries to win gold ahead of West Germany (silver) and Canada (bronze).

This is the second time in succession that Australian apprentices have beaten the rest of the world. The young team comprised Manfred Hennig, team manager, John Casey, Mark Davey, Nicholas Wyman, Joanne Wood and Jodie-Anne Hooker.

The Culinary Olympics are held every four years at Frankfurt and attract up to 20,000 competitors.

Australia sent a comparatively small contingent of 29 competitors this year but won an outstanding medal tally of 25 gold, 14 silver and 15 bronze.

Karen Lewis, a student at Hamilton TAFE, won two Golds with Distinction, becoming the first Australian woman to win gold at the Olympics and the second individual female entrant to win a Gold with Distinction in the history of the Olympics.

David Payne, from Spotless Catering in Victoria, showed his versatility by winning a gold medal in both the sweets and savoury show platter sections. Gary Johnson from Lennons hotel in Brisbane won two gold medals for his entries in the restaurant dish section.

The Victorian regional team earned itself a Grand Prix in Gold, whereby five gold medals must be won by individual competitiors, and the Queensland regional team brought home a Grand Prix in Silver.

The Victorian team comprised Brendan Hill, David Payne, David Gilligan, Bruce Charlton and Gary Peschel.

Crocodile

There was a last-minute panic for Murray McAuliff of the Australian Defence Forces Team when German Customs officials went into a tizz over his crocodile meat. There was no category in their paperwork for crocodile meat. After two days of frenetic negotiations, someone suggested that as crocodiles swim in water they belonged in the fish category. The officials were happy and McAuliff went on to win gold.

After months of training and a week of stiff competition, most of the team members, managers and their supporters remain in Europe taking a well-earned holiday away from the kitchen.

A gold medal on the menu!

WHILE it's still all eyes on Seoul, back home yesterday there was a fair bit of action at the Regent.

It was the unveiling of our team's entry in the Culinary Olympics to be held in Frankfurt next month.

And bunnies beware.

If the team's delicious dish is any guide, Aussie rabbit cooking could be about to make a big international impression.

For the gourmets out there, this is the official description: "A creation of marinated rabbit fillets filled with dried apricot and pecan nut mixture, surrounded by a coating of fresh herbs and crepinette."

Its title? "Australian rabbit fillet desert bloom".

The five young apprentice cooks who put it together — John Casey, 22, Mark Davey, 20, Joanne Wood, 21, Nicholas Wyman, 20, and Jodie-Anne Hooker, 20 — will be led by their manager Manfred Hennig who obviously knows his onions — and a lot more.

He is a veteran of the professional chefs' team which won a gold medal in the last Culinary Olympics at Frankfurt with its "Barramundi Carpentaria".

Also accompanying the team will be Elaine Chambers, director of the Australian Dried Fruits Association, which is the official team sponsor.

Elaine tells APITS the Olympics could herald a battle of the bunny.

"The cooks of Europe believe they are the only ones that can cook a rabbit without it going dry and losing its succulence," she said.

"They are in for a surprise.

"Rabbit is rapidly being elevated to gourmet heights in Australia."

Go for it, team!

☐ ☐ ☐

MODELS get themselves into some terribly sticky situations sometimes.

Fiona Bruin, for example, may look like she's lying on some sort of quilt in the photo, but she's not.

It's thousands of licorice allsorts — 150 kilos of them, to be precise.

But she wasn't promoting lollies. The pic was taken to advertise a range of Holeproof briefs called Fibs Flavors.

Another model, Jacqueline Rindt, we're advised, also took the plunge for the same client.

She had to swim through a sea of strawberries.

The 600 punnets bought by photographer Angie Heini for the shot did not go to waste.

They finished up as jam in the cooking pots of Angie's colleagues!

☐ ☐ ☐

THE RAAF turned on a press day yesterday to help publicise the Laverton air show next month.

One of the highlights was to be a flight in a Hercules so photographers and cameramen could get air-to-air shots of the Roulettes acrobatic team.

The media flight was scheduled for 1300 hours but a couple of hours beforehand an announcement was made.

Lift off was off — for a number of reasons. But perhaps the RAAF shouldn't feel too down about it.

Not many people have succeeded in grounding the media.

☐ ☐ ☐

ANOTHER mail wail.

John Munro, of Toorak, isn't so badly off, according to former Melburnian Maureen Gillies, now of Castle Hill, Sydney.

John complained to APITS he had to wait two weeks for each of his last three letters from Sydney.

He should be so lucky, says Maureen. Mail posted to her from Ivanhoe and Bundoora three weeks ago still hasn't arrived — and she thoroughly checked they were correctly addressed.

Not so, Maureen says, with The Sun, which they manage to get every day up there.

At least it keeps her posted.

☐ ☐ ☐

BUT on the other hand, we're happy to report Mrs Jean Whitlock, of Cohuna, has had results from the Road Transport Authority.

Last Wednesday we told how Jean, an old-age pensioner, had been waiting four months for a refund on five months' registration and insurance.

The same morning the item appeared she received a call from the RTA and on Friday her refund cheque.

It had been posted out on the Wednesday night.

What a coincidence ...

☐ ☐ ☐

MOST state MPs have only Saturday's election to face.

But not one Government Minister.

He is also a candidate in the Anglican Church's board of electors election to be held at the Synod on October 10.

The board of electors in turn elects the next

● Culinary champs Nicholas Wyman (left), Mark Davey, Jodie-Anne Hooker, Joanne Wood and John Casey.

Young chefs on right course

By AMANDA PLACE

THE thought of cooking a gourmet dinner for 110 guests would terrify most people.

But a main course of marinated rabbit fillets with dried apricots and pecan nut stuffing wrapped in a crepe proved a piece of cake for these young chefs.

The Victorian team of apprentice chefs is just back from the culinary Olympics in Frankfurt, where it was proclaimed "Champion of the World".

Nicholas Wyman, 20, of the Regent Hotel, Joanne Wood, 20, of the Source Restaurant, John Casey, 21, of the Southern Cross Hotel, Mark Davey, 19, of the Beaumont Hotel and Jodie-Anne Hooker, 20, of the Soiree Restaurant made up the team.

Originally they came from William Angliss College, Gordon Tech, Box Hill College of TAFE and Frankston Coolege of TAFE.

After serving the rabbit dish, the students endured a gruelling afternoon of inspection as they prepared assigned dishes, drawn from a hat.

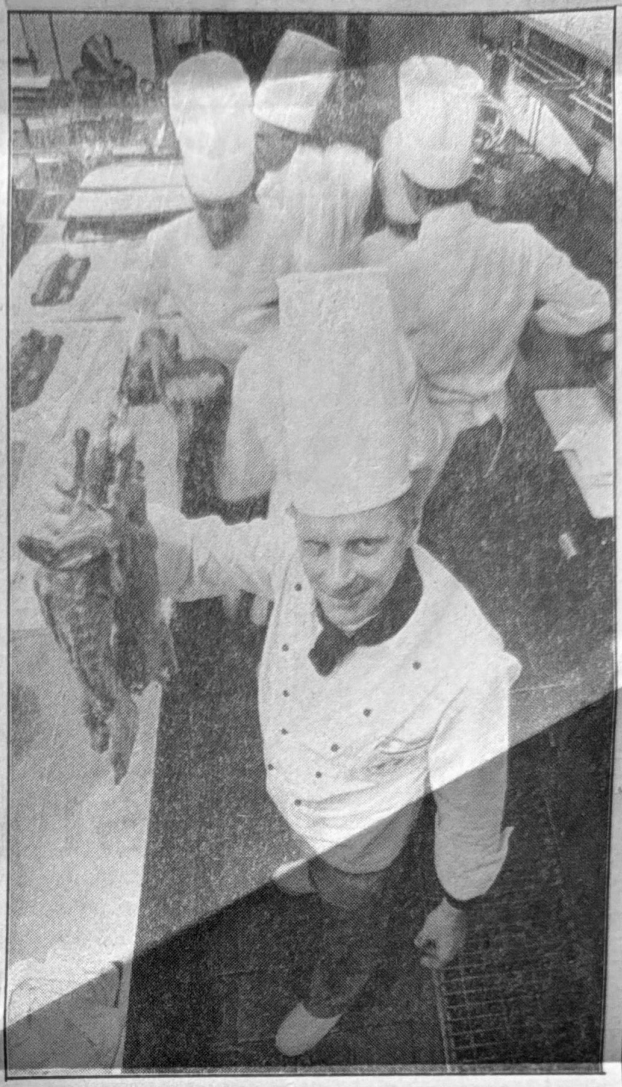
Each apprentice had a time limit of 30 minutes to prepare a course with ingredients provided.

One prepared a boned-out chicken with carrots cut into two millimetre cubes and julienne celeriac, while another had to wrestle with paper-thin pastry to create an apple struedel.

Another had to make a main meal of sole with a sauce, two vegetables and a potato while the last had to prepare four different desserts using four fruits and chocolate mousse.

"The judges were fascinated by the different approaches taken by our chefs ... somehow it all just clicked on the day." Mr Manfred Hennig, the team manager, said.

The team had 10 days in Frankfurt to prepare for the competition, and after the win visitedfour of the "best restaurants in the world" in Paris.



Manfred Hennig, coach and team manager, holds aloft Australia's secret weapon while his team moves into action.

The humble bunny . . . secret weapon in bid for Gold

By GEOFFREY KENIHAN

Talent and training. And then, more training, until you can chop a carrot with the swift efficiency of passing a baton to the last relay runner.

That, according to the sorcerer of Australia's 1988 Culinary Olympics apprentice team, Manfred Hennig, is the way to win Gold.

"And winning the Gold Medal twice in a row is what it is all about," he said in the kitchens of the Adelaide Hilton yesterday.

"But having a secret weapon helps as well. That winged keel just didn't help us take the America's Cup from the Yanks physically, it helped psychologically."

Australia's secret weapon in the Culinary Olympics in Frankfurt, Germany, next month?

"The Australian rabbit," said Manfred with absolute conviction.

"We've got the best bunny in the world."

His young team — John Casey, 21, Nicholas Wyman, 20, Mark Davey, 19, Jodie-Anne Hooker, 21, and Joanne Wood, 21, gave a promise of things to come when they presented Adelaide food, wine and media personalities with the dish they will challenge the pan-plyers of the world with in Frankfurt.

"The Australian rabbit is smaller than the European one, but he is gamier, tastier. He is superb," Manfred enthused.

"Most great chefs distrust rabbit, because it is a meat that can be so dry.

"The fact that we have chosen it for the main ingredient of our Australian national dish will, I hope, unnerve them.

"We have a psychological advantage right from the start."

The team has named its dish "Australian Rabbit Fillet Desert Bloom."

"It is formidable. No, it is more than formidable. It is unbeatable," Manfred said.

"When our apprentices won for the first time in 1984, there were many who patted us on the head, patronisingly, but smugly said 'fluke' to themselves.

"Now we are going back to show them it was no fluke and Australia's young chefs know a lot more than roasting kangaroos on spits.

"We are out to grind them down into their own pans."

And the competition?

"The Canadians are formidable. They are out to get us. So, too, are the Americans, and the French were unhappy with our success," he said.

"We must be fit and trained to the limit.

"There are 15 nations competing for Gold.

"Most of them are very, very good. But, in my opinion, you can raffle the Cubans.

"That still leaves 14 to beat."

The funny side of a serious business

WHAT do chefs pack when they head off to test their skills against the world's best at the Culinary Olympics?

Apart from expected items like changes of uniform and recipe books, Australia's teams have taken some strange and wonderful things, from several crates of the humble bunny to six Akubra hats.

We can only imagine what they'll be doing with the Akubra hats but the Australian team of Apprentice Chefs will be using the rabbit for the dish they have created in the cook-off for a gold medal — Australian Rabbit Fillet Desert Bloom.

Comprising marinated rabbit fillets, filled with Australian dried apricots nd pecan nuts, then rolled in a coating of fresh herbs and crepinette, this colorful and flavorsome dish will be accompanied by a potato sponge roulade and a bouquetiere of spring vegetables.

The dish was created by the team of five young apprentices, which is being sponsored by the Australian Dried Fruits Association.

Australia's team of young apprentice chefs won a gold medal at the last Culinary Olympics four years ago with *Barramundi Carpentaria* with a score of 83 points out of a possible 85 points — the highest ever score.

Defending the medal will be this year's team, comprising John Casey, 22; Mark Davey, 20, of Leongatha; Joanne Wood, 21, of Geelong; Nicholas Wyman, 20, of East Ivanhoe and Jodie-Anne Hooker, 20, of Shepparton.

Also competing will be a Victorian team of six chefs, including David Gilligan, who won two individual gold medals at the 1984 Culinary Olympics, and Brendon Hill, who won a gold and silver medal at the event.

As well as the Akubra hats, their luggage of 36 polystyrene crates includes 12 pairs of shoes, 80 kg of Royal Atlantic salmon; 10 kg yabbies, prawns, crayfish; fillet of beef, pork loins, Victorian venison, veal loins, duck liver, lamb loins, duck breeast, chokos, yellow zucchini, pear tomatoes, golf ball tomatoes, blue berries, melons, 40 kg chocolates, 20 kg marzipan, 15 kg fondant, 10 kg liquid glucose, 5 kg apsic jelly, 12 pairs kitchen shoes, 24 chef's jackets, trousers, aprons, ties and hats, 2 French porcelain sugar heaters, 30 kg copper pots, 3 sq metres bean bag beans, 10 specially designed mirrors, 35 metres white skirting, 35 metres table cloth, chef's knives, 100 tea towels, copper display pans, silver platters and crockery.

Held every four years in Frankfurt, Germany, in the same year as the Olympic Games, the Culinary Olympics were started by German Chefs Association, based in Frankfurt, in the early 19th century.

In 1984, 20,000 chefs and apprentice chefs from 28 countries competed.

A taste for gold

AT 20, Nicholas Wyman, of East Ivanhoe, has fulfilled a dream which for many people would take a lifetime.

Nicholas, who captained the gold medal winning Australian apprentices team which competed in the Culinary Olympics in Germany, dined in five of Europe's best restaurants.

Four of the restaurants were in France and the other in Germany.

"It was just amazing," Nicholas said of his dining excursion.

Many people dreamed of going to one great European restaurant, but not five, he said.

At one, Nicholas's group of seven ran up a bill of about $2000.

Some of the money to pay for the team's trip was donated by the Australian Guild of Chefs.

The rest of the $100,000 needed to send the team to the Olympics was raised by families, friends and team members themselves.

The exclusive nature of the restaurants was brought home early to the team. They had to send a flurry of letters and telexes to make sure of their bookings.

But Nick said it was all worth it.

"We were lucky," he said. "Some of the restaurants are booked out three months ahead."

Nicholas liked cooking at an early age and decided to apply for a chef's apprenticeship toward the end of his schooling.

NICHOLAS Wyman, of East Ivanhoe, proudly displays his gold medal from the Culinary Olympics.

He has worked at the Regency Hotel for three and half years.

Nicholas is particularly interested in revisiting Germany.

Nicholas said Australian cooking standards were very high. The apprentices' team won the gold medal and the Australian senior team won the Super Gold.

In the Super Gold competition the five team chefs entered as individuals and each won a gold medal.

"Kid" cooks beat the world

★ Australia's culinary coach Manfred Hennig tests the skills of (l-r) Joanne Wood, Jodie-Anne Hooker, Mark Davey, John Casey and Nicholas Wyman . . . deliberately made it a difficult dish to prepare.

ANOTHER group of Aussie Olympians has just done us proud by winning 56 medals against 3000 others from 30 countries.

They triumphed not on a sports arena but in a kitchen — in the Culinary Olympics.

Best of the 50-strong squad were the five youngest — Nicholas Wyman, 20, Jodie-Anne Hooker, 20, John Casey, 22, Mark Davey, 20, and Joanne Wood, 20, who comprised the Apprentice Cooks Team.

They reaffirmed Australia's status as one of the world's best in the culinary stakes by thrashing 15 other teams, repeating the performance of our apprentices at the '84 Olympics.

Culinary contests began in 1893 with the German Guild of Cooks. A year later the first Culinary Olympics were held with 11 nations taking part. The event has continued in the same city, Frankfurt, Germany, at four yearly intervals, getting bigger and bigger.

Australia has sent an official team since 1964. In 1984 we won 37 medals and cooked the most popular dish. The senior team's offering of Baby Shark Caloundra and Chicken and Water Buffalo Pooginook created a sensation.

This year the pressure was on because there were suggestions our performance in '84 was a fluke. In February Nicholas, Jodie-Anne, John, Mark and Joanne were chosen from 3000 apprentices in Victoria to represent Australia and they went into training under coach Manfred Hennig. The dish they chose was Australian Rabbit Fillet Desert Bloom, comprising marinated rabbit fillets filled with dried apricots and pecan nuts and coated with fresh herbs and crepe. "We deliberately set out to create a dish that was very difficult to prepare so we'd get top points if we did it perfectly," Manfred told POST. They prepared more than 700 serves in training.

In Frankfurt, our young chefs started equal favorites with the US and Canada. In the cook-off they steamrolled the opposition, finishing nine points clear of second-placed West Germany. Australia's judging representative Michael Strautmanis said it was a huge margin. "They won it with their teamwork and beautifully clean production," he said.

Many judges were not impressed with the taste of the dish — a view not shared by diners at the Olympic venue. "Each team had to serve 110 portions in the restaurant but the Australians sold out in 45 minutes, a lot faster than any of the others," Michael said.

Revelation

the giving of, or a disclosure of good or new news.

GENERAL MANAGER'S CHRISTMAS MESSAGE

1988, Australia's Bicentennial Year has been an exciting and rewarding year for our Hotel bringing with it a rich and colourful array of new challenges and new goals. In this year of Australia's "celebration of a nation" we have seen an enormous increase in the recognition of Melbourne as one of the world's finest cities and to this end, The Regent of Melbourne has been a key player.

Whether it be in the opening of one of Australia's finest sporting venues, Flinders Park, in the hosting of the PATA Conference and the opening of the Spoleto Festival or in carrying Melbourne's banner high for the Olympics bid, we should indeed be proud.

1988 has been a most successful year for The Regent of Melbourne and these achievements have further cemented our position as Melbourne's premier hotel. This would not have been possible without your effort and enthusiasm and I would like to thank you all most sincerely for your support. To offer that "little bit extra" with such style and sincerity is something that our guests never forget!

May I wish you and your families a very happy and safe Christmas and a prosperous New Year.

1989 is set to be a great year for Australia's Olympic City.

Rudy W. Markl

Regent Tree Lighting Ceremony

Mr. Markl and Colonel Hodder welcome guests to the Regent Tree Lighting Ceremony on November 30th.

Our Christmas tree lighting Ceremony for this year was a grand occasion. The Salvation Army Band, led by Mr. Markl and Salvation Army Colonel Kenneth Hodder welcomed guests with a rousing medley of Christmas favourites.

Mr Markl, complete with army hat (on loan from Colonel Hodder) gave his Christmas address at the foot of our finest tree ever and the lights were ceremoniously "switched on" to the tune of "Jingle Bells".

Special thanks for this splendid display must go to those who worked into the small hours of the morning placing decorations and presents for all to enjoy!

❄ ❄ ❄

The Value of A Smile

A smile costs nothing, but gives much. It reaches those who receive without making poorer those who give. It takes but a moment, but the memory sometimes lasts a lifetime. None is so rich or mighty that he can get along without it, and none is so poor but that he can be made richer by it. A smile creates happiness in the home, fosters goodwill in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged. A smile is sunshine to the sad, and is natures best antidote for trouble. Yet, it cannot be bought, begged, or borrowed or stolen, for it is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give.

Le TAN Le TOUGH

Summer is nearly upon us so all the more reason to be aware of the sun and its effects. We all enjoy the beach and the sun and having that glorious summer glow, which so many advertising companies try to promote. It is worth remembering that the Australian sun is one of the harshest in the world. That's why in 1983, 627 Australian's died of Malignant Melanoma and 208 died of non-melanoma skin cancer.

Melanomas can arise anywhere on the body but in females they mainly occur on the limbs and in males the tendency is to have them on the trunk. So what we are looking for is any recent change in a freckle or mole, or the appearance of papules (an elevated skin lesion on the skin) which is changing.

In the past fair skinned people have shown a greater tendency towards malignant melanoma, but that is beginning to change, which indicates that we all need to be on the look out. It is least often seen in people with dark skin particularly those people from such regions as Africa, India, Asia and Australian aboriginals. It is the amount of melanin (skin pigmentation) which protects the skin from sunlight that is important, therefore the darker the skin the lower the risk of developing cancer. People who burn easily and tan rarely are the most susceptible.

Symptoms

1. Recent changes in mole's, freckle's or papules.
2. Thickening of the lesion on the skin.
3. Occasionally the early lesions may itch.
4. Can occur from adolescence onwards with the median age of person's affected being 45 years.
5. Ulceration and bleeding are late symptoms.

In summary, we all need to take care and be aware of any changes - sensible suntanning with adequate suncreen coverage. Gradual introduction to sun after the winter months is a must and remember that oil based suntanning lotions offer NO protection from the burning rays of the sun. Adequate 15+ coverage, hats and sensible hours of the day to be out in the sun will be beneficial in reducing your risk of developing skin cancer and will also delay premature ageing. We need to be cautious and if in doubt seek skilled advice and most importantly be optimistic. Early skin cancer of all types is easily curable.

Paula Hayward

WHAT A GOLD RUSH!

Olympic competition is tough, with hours of training and dedication to reach the highest standard possible and the Culinary Olympics which have been staged in Germany every 4 years since 1894 is just that avenue to test the skills of all chefs.

The five member Australian Apprentice team, under the teams' manager Mr. Manfred Hennig were competing against 20,000 chefs from 28 countries during the two weeks of competition, and were watched by nearly 5,000 spectators.

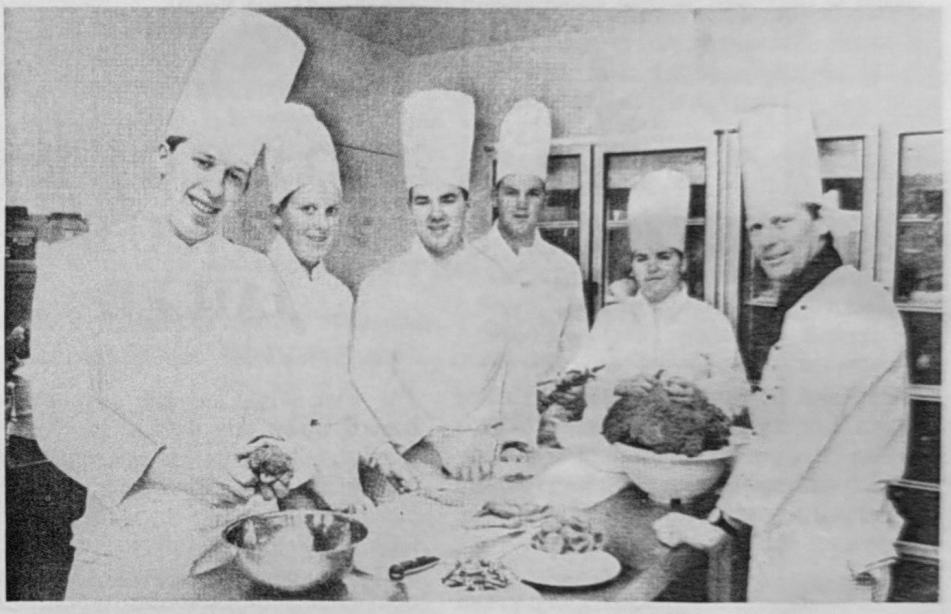
Part of the requirements of the competition was not only to prepare a meal but to sell it to 110 people. The great Australian rabbit inspired these young chefs at the Olympics and the dish called "Australian Rabbit Fillet Desert Bloom" sold out before any other country. The winning dish comprised of marinated lamb fillets, a dried apricot and pecan nut farce and a coating of fresh herbs and crepinette, a truly original dish.

These Australian apprentices have beaten the rest of the world and we congratulate Nicholas Wyman on his gold as well as the other members Jodie-Anne Hooker, Joanne Wood, John Casey and Mark Davey.

Our other Regent golds were won by Bruce Charlton for his entry into the individual restaurant dish as well as two silver medals, a great personal achievement.

The Victorian regional team comprised Brendan Hill, David Payne, David Gilligan, Bruce Charlton and Gary Peschel.

We all congratulate the team on their wonderful efforts at the Culinary Olympics and wish them every success in the future.



DO YOU FEEL TIRED OR LAZY ??

The year has 365 days of 24 hours, of which 12 hours are dedicated to nighttime, making a total of 182 days.

There remains therefore 183 usable days, less 52 Sundays leaving 131 days, less 50 Saturdays, leaving a total of 79 working days. However, four hours daily are dedicated to eating, totalling 60 days. Therefore, we are left with 19 days dedicated to work but as you will enjoy 15 days of holiday, there only remains 4 working days, less approximately 3 days that you will take off through illness.

You are only left, therefore, with 1 working day but this day happens to be the 1st. of January (the day of work) which is of course a public holiday for everybody!

So - why do you feel tired?

THE MELBURNIAN

The Magazine of the green heart of Australia.

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Frankly Lillian

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Disco Guide

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INSIGHTS
Victorian College of the Arts
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Top Gyms

FASHION
Day classics
Winter faces

SHOPPING
Richmond Hill

CHEFS

By Dorothy Carter

Melbourne's long abiding love affair with fine food and wine has provided a world class breeding ground for great young chefs.

This city's reputation as the restaurant capital of Australia is in safe hands.

Two junior teams, trained in Victorian colleges and groomed in our restaurants, won the outright gold medals for apprentice chefs at the last two Culinary Olympics.

The Culinary Olympics are to cooks, what the Olympic Games are to athletes, and are always held in Frankfurt, Germany, in Olympic years, in the famous glass-walled kitchens before thousands of people.

In 1984, a nervous young Australian team left with almost no publicity to take the food world by surprise with a magnificent array of skills. Could Australia do it again?

The 1984 team, comprising Bill Conway, Quenton Underhill, Mauro Molent and Scott Hopgood, all of Victoria, were trained by entrepreneurial Melbourne chef John Fahey.

So in 1988 expectations were high of the extremely nervous young team, no longer the underdogs from Downunder, who set off to defend the title. The current world champions are Nicholas Wyman, 20, of the Regent Hotel, Mark Davey, 19, formerly of the Beaumont Motel now of Starlight Restaurant, Joanne Wood, 21, of The Source Restaurant, Geelong, John Casey, 21, of the Southern Cross Hotel, and Jodie Anne Hooker, 21, formerly of Soiree Restaurant, now of The Regent Hotel. They were trained by Chef Manfred Hennig of the Frankston Training College, and won by a colossal eight points, when one point is considered a big margin in such competition. Germany beat Canada by half a point for the silver medal.

According to the rules each team must use produce of their country and in 1984 it was barramundi dressed with Australian sun dried fruits. The 1988 team stuffed rabbit fillets with dried apricots and pecans.

The dried fruits connection in both gold medal dishes was continued by a woman who had faith in Melbourne's tradition of fine food and the dedicated training of its cooks. She was Elaine Chambers, food director of the Dried Fruits Association, who sponsored both teams with thousands of dollars.

She said proudly: 'When he announced our win, the chief judge said: 'Australia is on top of the world and alone at the top'. Lots of companies like to invest in the high flyers, but we put our money at the bottom of the pyramid through the youth of Australia.'

Australia is so far removed from the centre of the culinary world in Europe that the first young gold medal team came home to a low key welcome because few people realised the enormity of the win. But the next champion team was greeted by Premier John Cain and a Mayoral reception at the Town Hall, plus wide TV coverage. Suddenly cooks were stars.

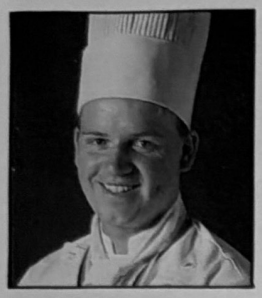
Everyone was familiar with the sports training of Olympic athletes but few knew the pressure on our defending team.

Let them tell the story:

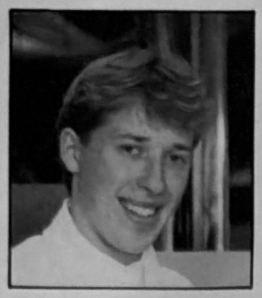
Nicholas Wyman said: 'We trained for nine months together, taking two months of experiments to create a new marinated rabbit dish complicated enough to display a wide range of skills, yet have visual appeal and good taste.

'We had practised according to a diagram of the kitchen sent from Germany, so it was a terrible shock when we at last got to Frankfurt and saw the kitchen, to find it was about a third of the size!'

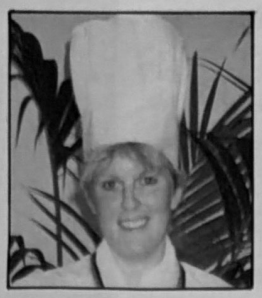
Blonde and suntanned Joanne Wood (who looks as if she would be more at home with a surf board than a chopping board) continued: 'Luckily we had two days before our turn to cook off.



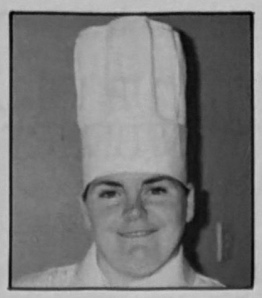
Mark Davey



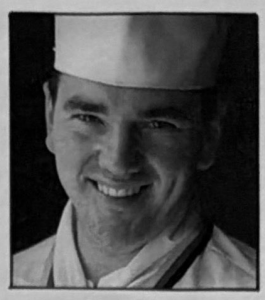
Nicholas Wyman



Joanne Wood



Jodie Anne Hooker



John Casey

'So we crept round the outside of the glass kitchen and took handspan measurements, and watched other teams at work. At night in our hotel we rehearsed our teamwork on a mocked up floor plan.

'On top of that was the worry that our rabbit fillets were being held up by German customs.

'On our day of competition which started at 7am we got there at six to make sure we had it right.'

For the competition, each team had to prepare its dish firstly for seven judges then for 110 people as if in a restaurant. There were several judges in the kitchen at any one time during the six hours of competition asking questions and checking hygiene, wastage and technique.

The American judge questioned the use of pecans, but the Australians proved they were grown in Queensland. On top of that, they all had to be proficient in four difficult skills. After serving the rabbit, each (by ballot) had 30 minutes to prepare a set task with supplied ingredients.

One would have to bone a chicken leaving the skin intact, another to make paper-thin strudel pastry. The third had to fillet a sole and produce two maincourse dishes from it with sauces, and the fourth prepare four different desserts using four fruits with chocolate mousse and vanilla bavarois.

Chef Hennig said: 'In all our practice sessions Joanne had cut herself boning a chicken so she had a Band-aid in her pocket in Frankfurt. Sure enough she drew the chicken ... sure enough she cut herself. Then her nervousness vanished as she calmly applied the Band-aid and went on with it. Mark drew the strudel, John the dessert and Nicholas the sole. By sheer luck each had drawn the technique they did best.

'But the big factor was that our team could cook in any kitchen.

'Before leaving Australia the Dried Fruits Association paid for them to be taken around Australia to cook the Olympic dish for food critics and restaurateurs. The criticisms were noted and worked on.

'They worked in so many different kitchens including some bad ones, that when confronted with the Olympic kitchen they quickly adapted.'

The five were chosen from the culinary colleges of Box Hill, Frankston, William Angliss and the Gordon where about 3,000 apprentices are in training.

THE TEAM

JOANNE WOOD, 21, lives in surfside Torquay, and has headed the kitchen at Geelong's renowned restaurant The Source for the last two years since chef and owner Ian Wilson, who guided Joanne's early career, sold out.

She loves painting and horse riding, but said: 'In this profession you have no ordinary social life. I wouldn't know what it is like to go to a New Year's Eve party for instance. But I love the work.'

She plans to get overseas experience starting in London when her apprenticeship is over later this year.

JOHN CASEY, 21, of Surrey Hills, loved cooking as far back as St Joseph's trade school at Abbotsford, and particularly enjoys vegetable carving (and golf as a hobby).

He is now in his fourth year with the Southern Cross Hotel where his mentors were chefs Peter Dollfield and Nigel Engel.

'I came home from Europe with thousands of ideas.

'Olympic competition was hectic, but we overcame problems together and emerged all really good friends.'

John's long term aim is to be executive chef at a big hotel and later perhaps have his own restaurant.

NICHOLAS WYMAN is in his fourth-year at the Regent Hotel where his influence was chef Klaus Lemm.

He came home from Europe confident that Australian training is among the best in the world. But he plans to gain further experience in Europe.

He said: 'At school I liked the creative visual arts, and it led naturally to cooking which is also visual. And I was lucky that my parents took me with them to good restaurants which also helped.

'The tour of four fabulous French restaurants, which we could never have afforded, after the Olympics with our trainer Manfred Hennig, opened our eyes and educated our palates,' he said.

Nicholas, who loves sailing and golf, added: 'In this profession we create our own social life. We have great times together.'

MARK DAVEY who grew up in rural Leongatha had not considered cooking as a career until offered an apprenticeship by La Coq a Vin in Aspendale where he went for work experience. He trained under chefs Tom Caterall and Michael Yeager, and later Chef Colin Hardy at the Beaumont Motel.

Now in the city, where he is finishing his apprenticeship as second chef at the new colonial style Starlight Restaurant, he finds it hard to continue his favourite sport of surfing.

'It takes more than an hour to get to Phillip Island or Torquay waves,' he said.

'It was a thrill to be picked in the team and when we received the gold medal THAT was a big moment. John, Nicholas and I have talked about going back in 1992 as a team in the senior events.'

JODIE ANNE HOOKER started her apprenticeship with owner chef Malcolm Urie at Soiree Restaurant, but has since moved to the Regent Hotel to complete her fourth year when she particularly wants to learn pastry, gateaus, tarts and patisserie work.

'I went away believing every team would be as good as us. But to my surprise we stood out. We lost only 30 points over the whole competition.'